Dear Parents

Last week the Network Awards for 2015 were presented to staff in various schools for their achievement and excellence in Public Education. Tracey Stevenson, Ross Edwards, Nicole Gilmore and Jen Davis were all recognised for their individual efforts in the areas of administration, leadership and teaching. Engadine West Public School was very well represented on the night. Congratulations to our magnificent staff!

Band Concert

Last Wednesday evening the talented musicians in our school band program performed for their parents. Once again, the students showcased their skills and the evening was well attended. Congratulations to all the children involved and thank you to the hard working band staff for their efforts throughout 2015. If it wasn’t for the hard work of all involved including the support of our band parents, this outstanding program would not be possible. Well done everyone!

Parent Helper’s Morning Tea

Each year the school holds a Parent Helper’s Morning Tea as a small gesture to thank all those parents and friends of the school who help support the students and families at Engadine West. This year’s Parent Helper’s Morning Tea will be held on Wednesday 2 December from 11.15-11.45am in the hall. All the volunteer helpers in the school are invited to attend. The school greatly appreciates the support it receives.

State Dance Ensemble

Two of our talented students, Caitlin S (5/6D) and Molly F (4KJ), will be dancing in the ‘Matilda Medley’ at the School Spectacular this weekend. The show will be televised on 5 December on Channel 9. As a school we are very proud of both girls. Well done!

Sporting Success

Congratulations to Aimee H (5HS) for being selected in the U/13 Women’s NSW Premier League soccer squad. Well done Aimee!

P & C Meeting

The last P & C Meeting for 2015 will be held next Monday 30 November commencing at 7.00pm. To celebrate a very successful year the meeting will be held at Engadine Bowling Club. Parents are most welcome to attend.
**Presentation Day Ceremonies**

This time of the year is always busy. Below is the schedule of Presentation Day assemblies for your information:

- **Kindergarten**  Monday 7 December  10.00am
- **Year 1**  Tuesday 8 December  10.00am
- **Year 3**  Wednesday 9 December  10.00am
- **Year 4**  Thursday 10 December  10.00am
- **Year 2**  Friday 11 December  10.00am
- **Year 5**  Monday 14 December  10.00am
- **Year 6**  Tuesday 15 December  10.00am

We hope to see many parents in attendance to celebrate the achievements at EWPS for 2015.

Have a great week!

Garry Royston  
Principal

---

**Deputy Principal’s Report**

**Bobcat Sam**

A big thank you to Sam Tanner (Bobcat Sam) who is supporting the school's P&C shed building project by donating his services in levelling the ground for the shed's slab.

Sam can be contacted on 0416 272 350  
Email: bobcatsam@mial.com.au  
Website: www.bobcatsam.com.au

**Parent Teacher Interviews**

Teacher/parent interview bookings will go live this Friday at 4.00pm.  
Enter the code 8NGNR

Please ensure that you have allowed 48 hours notice for bookings.

**Care Centre**

The next Care Centre Meeting Parent Meeting “Feed For Feedback!” will be on Friday 27 November 2015 at 5.30pm at the Care Centre. Please RSVP for catering.

**Christmas Meeting**

The next P&C meeting will be held on Monday 30 November 2015 at 7.00pm at the Engadine Bowling Club. All are welcome.

Ross Edwards  
Deputy Principal

---

**Library News**

To assist us in our Library stocktake, please return all library books, including home readers, immediately as stocktake is commencing this week.

Thank you kindly.

Margaret Evans & Janet Evans  
Teacher Librarians
Transdev NSW runs a number of buses which bring students to and from school. For all children who are in Kindergarten, Year 1 and Year 2 bus travel is free. For primary students travel is free if they live beyond a 1.6 km radius from the school or 2.3 km walking distance from the school.

Just like current paper travel passes, the new School Opal card gives eligible students free travel to and from school on school days. However, the School Opal card makes travel simpler, because now students don’t need multiple application forms and passes if they use different transport operators within the Opal network.

Students with school travel passes this year will not need to apply for the School Opal card unless they are changing school, campus, their home address or moving from Year 2 to Year 3 or from primary school to high school.

Those students who do not need to apply will have a School Opal card sent to school early in first term 2016.

If you require further information, please visit www.opal.com.au

As a reminder, students travelling on buses are expected to sit down and behave in a safe and responsible manner. Any breach of the required code of conduct may result in the student’s pass being removed by the bus company.

K-2 Christmas Sing-a-long 2015

Carols under the COLA

As this year comes to a close, all K-2 classes are busy preparing for our annual Christmas performance. This year we will be having a Christmas sing-a-long on Friday 4th December 2015 at 12.00pm under the EWPS COLA. Visitors are encouraged to bring chairs/picnic rugs to sit on. Throughout this term the children will be learning Christmas carols and classes will have an opportunity to lead one of the carols on the day.

Following the sing-a-long all visitors are invited to join their children for a picnic lunch. Children are asked to wear Christmas attire – there will be no formal costumes. We hope you can come along and join in the fun!

Miss M Emmett
Christmas Sing-a-long Co-ordinator

Student Bus Passes/Opal Card for 2016

Transdev NSW runs a number of buses which bring students to and from school. For all children who are in Kindergarten, Year 1 and Year 2 bus travel is free. For primary students travel is free if they live beyond a 1.6 km radius from the school or 2.3 km walking distance from the school.

Just like current paper travel passes, the new School Opal card gives eligible students free travel to and from school on school days. However, the School Opal card makes travel simpler, because now students don’t need multiple application forms and passes if they use different transport operators within the Opal network.

Students with school travel passes this year will not need to apply for the School Opal card unless they are changing school, campus, their home address or moving from Year 2 to Year 3 or from primary school to high school.

Those students who do not need to apply will have a School Opal card sent to school early in first term 2016.

If you require further information, please visit www.opal.com.au

As a reminder, students travelling on buses are expected to sit down and behave in a safe and responsible manner. Any breach of the required code of conduct may result in the student’s pass being removed by the bus company.

Christmas Treats at School

At this time of year, we notice that students bring candy canes and other sweets to school to share with friends. As candy canes are high in sugar and the children often receive a few of them, please encourage your child/children to take their candy canes home rather than eat them at school to enable you to monitor their consumption. Thank you for your assistance in this matter.

Future Primary Students - Parent Workshop

Please be reminded that Engadine West Stage 2 teachers will be conducting a workshop for Year 2 parents to assist in understanding the transition between Infants to Primary. The Stage 2 teaching team recognises that ‘Primary’ can be different to ‘Infants’ and we are endeavouring to make this a smooth transition for both students and parents. Please find details below, we would love to see you there.

When: Friday 11 December (after Year 2 Presentation Day Assembly)
Where: School Library
Time: 11.45am

Please RSVP to your child’s teacher by Friday 4 December.
For Your Diary

**Week 8**

<table>
<thead>
<tr>
<th>Monday 23 November</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 24 November</td>
<td></td>
</tr>
<tr>
<td>Wednesday 25 November</td>
<td></td>
</tr>
<tr>
<td>Thursday 26 November</td>
<td></td>
</tr>
<tr>
<td>Friday 27 November</td>
<td></td>
</tr>
</tbody>
</table>

**Week 9**

<table>
<thead>
<tr>
<th>Monday 30 November</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 1 December</td>
<td></td>
</tr>
<tr>
<td>Wednesday 2 December</td>
<td></td>
</tr>
<tr>
<td>Thursday 3 December</td>
<td></td>
</tr>
<tr>
<td>Friday 4 December</td>
<td></td>
</tr>
</tbody>
</table>

---

**Excursions and Payments**

<table>
<thead>
<tr>
<th>ear</th>
<th>Excursion or Payment</th>
<th>Please pay by</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Band Members</td>
<td>Term 4 Band Fees</td>
<td>As soon as possible</td>
<td>$120.00</td>
</tr>
</tbody>
</table>

*Outstanding invoices have been sent home.*

*Please settle these accounts by Wednesday 25 November.*

*Your co-operation is greatly appreciated.*

---

**PSSA News**

**EWPS Green Teams (Friendlies, venue to be announced)**

**EWPS Gold Teams (Friendlies, venue to be announced)**

All games start at 9.30am and are completed by 11.00am

Buses depart EWPS at 9.00am

Cost: $6.00 per week

Go to [engadine.sessazones.com/](http://engadine.sessazones.com/) to view draws
### Term 4 Dates to Remember

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>25 November</td>
<td>Christmas Scripture Assembly</td>
</tr>
<tr>
<td>Friday</td>
<td>27 November</td>
<td>Reach Out Party</td>
</tr>
<tr>
<td>Wednesday</td>
<td>2 December</td>
<td>Parent Thank You Morning Tea 11.15am –11.45am in Library</td>
</tr>
<tr>
<td>Friday</td>
<td>4 December</td>
<td>K-2 Christmas Sing-a-long 12.00pm under the COLA</td>
</tr>
<tr>
<td>Monday</td>
<td>7 December</td>
<td>Kindergarten Presentation Assembly at 10.00am in Hall</td>
</tr>
<tr>
<td>Tuesday</td>
<td>8 December</td>
<td>Year 1 Presentation Assembly at 10.00am in Hall</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9 December</td>
<td>Year 3 Presentation Assembly at 10.00am in Hall</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Year 6 Farewell at Engadine Bowling Club</td>
</tr>
<tr>
<td>Thursday</td>
<td>10 December</td>
<td>Year 4 Presentation Assembly at 10.00am in Hall</td>
</tr>
<tr>
<td>Friday</td>
<td>11 December</td>
<td>Year 2 Presentation Assembly at 10.00am in Hall</td>
</tr>
<tr>
<td>Monday</td>
<td>14 December</td>
<td>Year 5 Presentation Assembly at 10.00am in Hall</td>
</tr>
<tr>
<td>Tuesday</td>
<td>15 December</td>
<td>Year 6 Presentation Assembly at 10.00am in Hall</td>
</tr>
<tr>
<td>Wednesday</td>
<td>16 December</td>
<td>Last Day of Term 4 for Students</td>
</tr>
<tr>
<td>Thursday</td>
<td>17 December</td>
<td>School Development Day for Staff (No Students)</td>
</tr>
<tr>
<td>Friday</td>
<td>18 December</td>
<td>School Development Day for Staff (No Students)</td>
</tr>
</tbody>
</table>

### Term 1 - 2016

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>27 January</td>
<td>School Development Day for Staff (No Students)</td>
</tr>
<tr>
<td>Thursday</td>
<td>28 January</td>
<td>First Day of Term 1 for Students Year 1 to Year 6</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Best Start Testing for 2016 Kindergarten Students</td>
</tr>
<tr>
<td>Friday</td>
<td>29 January</td>
<td>Best Start Testing for 2016 Kindergarten Students</td>
</tr>
<tr>
<td>Monday</td>
<td>1 February</td>
<td>Best Start Testing for 2016 Kindergarten Students</td>
</tr>
<tr>
<td>Tuesday</td>
<td>2 February</td>
<td>2016 Kindergarten Students First Day of School</td>
</tr>
</tbody>
</table>
**Uniform Shop News**

The next Uniform Shop opening time will be:

**Wednesday 2 December 2015 from 9.15-10.15am**

Please note this will be the last opening time for this year. No orders will be filled after this date due to stock-take.

Students commencing Year 3 in 2016 will need to purchase a gold polo shirt with school logo for sport. They are available from the Uniform Shop at a cost of $20.00 and should be ordered by 2 December 2015.

The Uniform Shop is open every second Wednesday. If there are any parents wishing to be placed on our roster to help on Wednesdays, please leave your details at the front office.

*Tracy Farquhar & Kathy Cunynghame*
*Uniform Shop Co-ordinators*

---

**Canteen News**

**Find us on Facebook - EWPS Canteen**

Please note that lunch orders must be placed by 9.30am.

**2015 Roster - Your Canteen Needs You!**

We are in urgent need of more volunteers for this year. Volunteers are rostered on once every 4 weeks from school drop off until approximately 3.00pm, however, we are very flexible. Whatever time you can spare is greatly appreciated. Options to consider:

- ★ Once a term.
- ★ A few hours of a morning to prepare fresh food.
- ★ Serving at recess and/or lunch breaks.
- ★ A few hours in the afternoon.

All training is provided and we endeavour to provide a fun work place. You are welcome to drop in and have a look around and meet some of our wonderful volunteers.

**Lunch Order Specials**

- Medium Fruit Salad  $3.00
- Large Fruit Salad  $4.00
- Yoghurt 50c extra
- Banana Smoothie  $3.00
- Chocolate Smoothie  $3.00

**Friday 11 December - Last Day for Lunch Orders**

Please note the last day for lunch orders will be Friday 11 December. On Monday 14 and Wednesday 16 the canteen will be open for recess and lunch only, no lunch orders.

If anyone has any questions regarding the canteen, please come in and see me.

*Leanne Best*
*Canteen Supervisor*
**Community News**

**Movember Foundation**

The Movember Foundation is a global charity, committed to men living happier, healthier, longer lives. Since 2003, millions have joined the men’s health movement, raising $685 million and funding over 1,000 programs focusing on prostate cancer, testicular cancer, poor mental health and physical inactivity.

This year, Mr Field has taken on the challenge and decided to grow a “mo” in support of Movember. He would love you to support his “mo” growing during the month of Movember. You can do this by donating online http://moteam.co/mocann-s or to Mr Field directly. Every donation makes a difference.

Thank you very much for your support.  

*Mr Field*

---

**Important information about the School Opal card**

The School Opal Card will officially launch its new online application for relevant parents and students travelling in the Opal public transport region today.

Just like current paper travel passes, the School Opal card gives eligible students free travel to and from school on school days. However, the School Opal card makes travel simpler, because now students don’t need multiple application forms and passes if they use different transport operators within the Opal network.

Students with school travel passes this year will not need to apply for the School Opal card unless they are changing school, campus, their home address or moving from Year 2 to Year 3 or from primary school to high school.

Those students who do not need to apply will have a School Opal card sent to your school early in first term 2016.

More information is available on the website www.opal.com.au

*The Opal Team*
Engadine Dragons JRLFC

2016 Player Registrations are now open online

Existing players simply visit www.engadinedragons.com.au and click on the 2016 registration link

Registration dates (new players) at Anzac Ave Clubhouse
Thursday 11th February 2016 6pm-7pm
Tuesday 16th February 2016 6pm-7pm
Thursday 18th February 2016 6pm-7pm
Saturday 20th February 2016 1pm-4pm

Further information can be found at www.engadinedragons.com.au or email; secretary@engadinedragons.com.au
SUTHERLAND DISTRICT TRADE UNION CLUB and ELOUERA SLSC
proudly announce the Award winning
2016 TRADIES SURF AWARENESS CLINIC

'Benefitting the Community Together'

Caringbah Leisure Centre

Jacaranda Road
CARINGBAH
NSW 2229

For Further Information:
Phone: 9523 7295
(Eloouera Clubhouse)
or
Visit Eloouera Website at:
www.elouera.com

The THIRTY FOURTH annual TRADIES SURF AWARENESS CLINIC conducted by Eloouera SLSC will be held at Eloouera Beach for children 7 to 12 years of age. The Clinic enables youngsters to have a lot of fun while learning important surf safety do’s and don’ts. All participants must attend and competently swim 50 metres unaided on Friday, January 8 at Caringbah Leisure Centre.

Entry Fees:
A small fee is charged to offset expenses. For all registrations received by Wednesday 31 December, 2015 this fee is $50.00 per child. After this date, but no later than January 8, 2016, an additional late fee of $5.00 per child will be charged. Fee payments can be made by cheques or money orders payable to ELOUERA SLSC and attached to the entry form. Payments may also be made over the phone by credit card or electronically through our Payment Gateway system (refer to Eloouera web site www.elouera.com for details). Entry fees are non-refundable if sessions are cancelled after the commencement of the clinic. A cancellation fee of $5.00 will be charged if cancelled before the start of the clinic.

ENTRY FORM

Forward to: 2016 TRADIES Surf Awareness Clinic
c/- P O Box 46
Cronulla NSW 2230
(Payment must be included) Payment Receipt No:

I/we authorise the participation of my/our child:

CHILD’S NAME ___________________________ AGE (as at 11/01/2016) ___________ SEX ___________

(Please indicate Yes or No as appropriate): DOES THE CHILD HAVE (1) ASTHMA? ___________ (2) EPILEPSY? ___________

(3) ANY OTHER CONDITION/ALLERGY we should be aware of? (If Yes, please specify) ___________

PARENT/GUARDIAN’S NAME (please print) ___________

ADDRESS ___________________________ POSTCODE ___________

CONTACT NAME DURING CLINIC (please print) ___________

PHONE (H/W) ___________________________ (MOBILE) ___________________________

EMAIL ADDRESS ___________________________

PARENT/GUARDIAN’S SIGNATURE ___________________________

WHERE DID YOU HEAR ABOUT THE TRADIES SURF AWARENESS CLINIC? ___________________________
As the end of the school year rapidly approaches, calendars and to-do lists get jam-packed and tempers can be frayed. Sometimes at this time of year we see our children behaving in ways that aren’t usual for them such as being teary and emotional to being defiant and angry. Sometimes when things become too hard for children to handle they might have a ‘meltdown’. A meltdown is an intense and often frightening response to over-stimulation of the nervous system involving activation of the child’s ‘fight or flight’ response. This often means that the experiences the child is having are too much for them to handle at the time. Tiredness, lack of routines, stress in the family (rushing around with too many things on the to-do list) and other changes can create a “perfect storm” for the child. Afterwards, the child may experience intense feelings of shame, humiliation, remorse and fear that relationships have been harmed beyond repair.

The notion of prevention being better than the cure is primary when dealing with meltdowns. So how, as a parent, can you prevent meltdowns?

Tune in to early warning signs in your children. What do these signs look like?

- Resistance to, or disengaging from, an activity or routine
- Verbal or non-verbal expressions of distress or frustration e.g. tears, whining, swearing, difficulty answering questions, pacing, stuttering, grimacing etc.

By tuning in early, you may be able to prevent a meltdown or minimise its impact. Expressing empathy, helping a child to verbalise their frustration and providing them with options can have a positive impact. An example of this could be “I can see that you are getting mad about not getting a turn on the flying fox. Would you like me to help you ask for your turn?”

It may also be helpful to manage your child’s environment to minimise the likelihood of a meltdown occurring. For example, try to maintain normal household routines, spend quality time together as a family and factor in some quiet time for your children to unwind after a bust day.

Parent Line NSW is a State Government funded free professional telephone counselling service that is available 24 hours a day 7 days a week. Call our Parenting Counsellors to talk through any issue related to raising your child 1300 1300 52.